All events are held at Northampton Senior Center, 67 Conz St. unless otherwise noted.

Participants in Northampton Senior Services Programs & Services MUST have a NSS Scan Card

March Artist is Ed O'Brien- Ed wonderful display of landscapes will be on display at the Senior Center, Monday through Friday between 8:15 am-4:00

Call the Senior Center at 413-587-1228 to make appointments or register for the events that need pre-registration or come to the Senior Center, 67 Conz St. CORNED BEEF & CABBAGE LUNCHEON - Satruday, March 19, \$10 for Northampton seniors w/scan card \$15 for all others. Open to the public

EVENING YOGA

Day: Thursday March 3, Tuesdays March 8, 15, 22, 29

Time: 7:00 p.m.

Kripalu certified yoga instructor Donna Edgarton leads an effective evening yoga class focused on improving physical, mental and spiritual health. Class is open to seniors of all abilities. Donna is a Kripalu certified yoga instructor and a certified occupational therapy assistant with a strong background in dance. She

has been practicing and teaching yoga for many years and is passionate about

sharing this discipline with people as

they search for their physical, mental and spiritual health.

Instructor: Donna Edgarton Fee: \$38 Northampton seniors \$43 non-

resident seniors and those ages 55-59

HAMLET-LOVELIER THE SECOND TIME AROUND

Tuesday March 1

Day: Tues. Mar. 8 to Tues. April 12 **Time:** 1:00-2:30 pm Hamlet is filled with beautiful language that offers the active mind rich observations about human

nature. Join retired English professor

New Programs and Presentations this month

Tom Malone to read and explore this iconic work. We promise you will enjoy it more this time than you did in your high school days!

Facilitator: Tom Malone

Fee: \$10 Northampton seniors \$15 non-resident seniors and those ages

COOKING WELL WITH A MICROWAVE - with Food Bank of Western MA

Day: Friday, March 11th

Time: 10:00 am

Enjoy food tasting at a microwave cooking demo and learn about: healthy, delicious microwave meal and snack recipes, shopping and cooking meals for one or two, how to read a label, and receive a copy of our Microwave Cookbook. Prizes will be drawn.

WATERCOLOR CLASS

Day: Tuesdays **Time:** 1:00 pm

Begins: Tuesday, March 15

Artist Nancy Howard instructs a watercolors class for all levels at Northampton Senior Services beginning Tuesday March 15. The class runs for six weeks, March 15, 22, 29 and April 5, 12, 19. Class meets Tuesday afternoons from 1:00-2:30 pm. There is a class fee of \$60 for Northampton senior residents and \$65 for non-resident seniors and those ages 55-59. A class materials fee of \$30 will be payable to the instructor at the first class meeting

Strength & Stretch

Appointments*

Stretch & Tone

Wisdom Project

Walking Group

Knitting Drop In

Mixed Level Tap

Intermediate Tap

Advanced Beginner Tap

Computer One on One

Instructor Nancy Howard holds a bachelor's in fine arts in painting and drawing from the Rhode Island School of Design and has been painting for over 20 years. Nancy loves to see the beauty in flowers and landscapes and loves to help others see the beauty in our surroundings. Nancy is open to working with people at all skill levels and will tailor instruction to each individual.

Classes are held at Northampton Senior Services, 67 Conz Street in Northampton. Pre-registration is required. For questions please call 413-587-1228.

KARATE CLASS -

Day: Tuesdays Time: 2:00 pm

Monday March 7

8:20

9:30

10:30

10:30

11:00

9:00

9:30

10:30

Begins: Tuesday, March 15

A collaboration with the Senior Center and Northampton Karate brings the opportunity for a class at the Senior Center on Tuesdays.

Fee: Contact the Senior Center to register

HAIRCUTS AT SMITH VOCATIONAL & AGRIGULTURAL HIGH **SCHOOL** Day: March 18

Time: Appointment must are made at the

Senior Center Stylist and co-owner of Hair by Harlow, Kendra Kaczenski, teachers and hairstylists Jennifer Gilman and Cynthia Ouimette and the students of Smith Vocational and Agricultural High School have appointments available for

Dynamic Fitness DVD

Low Impact 1

Low impact 2

Creative Writing

Computer Tutor

senior haircuts. Haircut appointments are open to resident and non-resident seniors. Haircuts are \$5.00 for both men and women. The price includes a wash, cut and dry. For an additional \$2.00 hair can be set. Appointments will only be booked with accompanying payment and will not be booked over the phone. Appointments can be booked at Northampton Senior Services, 67 Conz Street, Northampton, MA. Haircuts take place at Smith Vocational and Agricultural High School, 80 Locust Street, Northampton, MA.

Fee: \$5.00 includes wash, cut and dry. For an additional \$2.00 hair can be set.

AUTHOR OF THE MONTH: HAL PORTNER Day: Tuesday March 22

Time: 1:00 p.m.

The Author of the Month for March is Hal Portner and his novel The Guardian's Way, a story of a magical sword, fratricide, covert alliances, prejudice, jealousy, betrayal and love.

Fee: FREE for seniors with a scan card

ELMS COLLEGE NURSING STUDENTS -

Day: Thursday **Time:** 2-3:30 p.m. Blood Pressure clinics for area seniors. No appointment necessary,

all seniors welcome. Students will be here through February, March and April. To provide health programming for seniors. Special health presentations

on 3/17 and 3/31

Digital Photography Beginner/2nd Year Tap

SHINE- No appts. in March

Cribbage

Zumba Gold

* Indicates pre-registration required due to a minimum enrollment. Programs not meeting enrollment will be cancelled.

8:45

8:30

10:00

10:00

10:00

10:00

11:30

12:30

1:30

Thursday March 3

Presentations 11:00 Intermediate/Advanced

11.30

12:30

1:00

1:00

8:30

Dates and Times of Programs and

Preside	ntial Primary
3:30	Computer One on One
	Appointments*
3:45	Strength & Stretch
9:30	Cup of Conversation
10:00	PVTA Photo ID
10:00	Blood Pressure Clinic
10:00	Caregiver Support Group*
10:00	Stretch & Tone
10:00	Walking Group
12:30	Sewing Workshop
1:00	Interfaith Help
Wednes	sday March 2
3:20	Dynamic Fitness DVD
3:30	Computer One on One
	Appointments*
9:00	Beginning Digital
	Photography
9:15	Veteran's Benefits Services
9:30	Low Impact 1
10:30	Low impact 2
11:00	Intermediate/Advanced

Tai Chi

Feldenkrais

11:30

12:00 12:30

1:00

1:00

1:00

1:00

2:45

2:45

1.00	Manjongg
1:30	BINGO
2:00	Elms College Nursing
	Students Blood Pressure
	Clinic
2:45	Tai Chi
7:00	Evening Yoga
<u>Friday</u>	<u>March 4</u>
8:20	Dynamic Fitness DVD
8:30	Computer One on One
	Appointments*
9:00	Deb Hollingworth –Benefits
	Counseling appts.
9:30	Low Impact 1
10:30	Low impact 2
10:30	Nutritional Outreach
12:00	Contract Bridge
1:00	Photography Club
1:00	Gentle Chair Yoga
1:00	Senior Gay Men's Drop-in
	1:30 2:00 2:45 7:00 <u>Friday</u> 8:20 8:30 9:00 9:30 10:30 10:30 12:00 1:00

Group

Yoga Tai Chi

1:00	NeedleWorkshop					
1:30	Meditation					
2:00	Conversational Spanish					
2:45	Tai Chi					
2.13	Tur Cin					
Tuesday March 8						
8:30	Computer One on One					
	Appointments*					
8:45	Strength & Stretch					
9:30	Cup of Conversation					
10:00	Caregiver Support Group*					
10:00	Stretch & Tone					
10:00	Walking Group					
12:30	Sewing Workshop					
1:00	Hamlet-Lovelier the Second					
	Time Around: Session One*					
1:00	Interfaith Help					
2:45	TeaTime Tuesdays					
7:00	Evening Yoga					
	2 2					
Wednesday March 9						
8:20	Dynamic Fitness DVD					
8:30	Computer One on One					

Appointments*

Photography

Low Impact 1

Low impact 2

Beginning Digital

1:00	Scrabble				
1:00	Timeless Tunes				
2:45	Feldenkrais				
2:45	Tai Chi				
3:30	FSB Awards Reception				
Thursday March 10					
8:45	Strength & Stretch				
8:30	Computer One on One				
	Appointments*				
10:00	Brown Bag				
10:00	Stretch & Tone				
10:00	Wisdom Project				
10:00	Walking Group				
10:00	Knitting Drop In				
11:30	Mixed Level Tap				
12:30	Advanced Beginner Tap				
1:30	Intermediate Tap				
1:00	Mahjongg				
1:30	Board Meeting				
1:30	BINGO				
2:00	Elms College Nursing				
	Students Blood Pressure				
	Clinic				
2:45	Tai Chi				
Friday	March 11				
8:20	Dynamic Fitness DVD				
1 2 2	,				

Computer One on One

may ch	note that programs, dates, and ange or be cancelled and fees d without notice.	l times may be	MARCH website: www.northampto	2010	6 713/Senior-Services	For more information please call 413-587-1228	
January						1.20 PB/CC	
0.20	Appointments*	I	with Elms College	$\begin{bmatrix} 10:00 \\ 11:20 \end{bmatrix}$	Knitting Drop In	1:30 BINGO	
9:30	Low Impact 1	2.45	Nursing Students	11:30	Mixed Level Tap	2:30 Nutrition Myths &	
10:00	Microwave Healthy	2:45	Tai Chi	12:30 1:30	Advanced Beginner Tap	Mysteries: A free	
	Cooking with Food Bank of Western MA	Friday	March 18	1:00	Intermediate Tap Mahjongg	presentation with El College Nursing stud	
10:30	Low impact 2	8:20	Dynamic Fitness DVD	1:30	BINGO		iciits
12:00	Contract Bridge	8:30	Computer One on One	2:00	Elms College Nursing	2:45 Tai Chi	
1:00	Chess	0.50	Appointments*	2.00	Students Blood Pressure		
1:00	Gentle Chair Yoga	9:00	Haircuts with Kendra at		Clinic		
1:00	Senior Gay Men's Drop-in	7.00	Smith Vocational High	2:45	Tai Chi		
1.00	Group		School School	1 2.13	rui Cili	See you at the	
2:45	Yoga	9:30	Low Impact 1	Friday	March 25	Senior	
2:45	Tai Chi	10:30	Low impact 2	8:20	Dynamic Fitness DVD	Center	
2		10:30	Nutritional Outreach	8:30	Computer One on One	Below are some of the upcomi	ng op-
Monda	w March 14	12:00	Contract Bridge		Appointments*	portunities at the Senior Cente	
8:20	Dynamic Fitness DVD	1:00	Gentle Chair Yoga	9:30	Low Impact 1	Scan cards are required to parti	
9:30	Low Impact 1	1:00	Senior Gay Men's Drop-in	10:00	SNAP - by appt. only	Sign up for one today if you don	't have
10:30	Creative Writing		Group	10:30	Low impact 2	one.	
10:30	Low impact 2	2:45	Yoga	12:00	Contract Bridge	EVENTS IN APRIL	
11:00	Computer Tutor	2:45	Tai Chi	1:00	Gentle Chair Yoga	EVENTS IN AT KIL	•
1:00	NeedleWorkshop			1:00	Senior Gay Men's Drop-ir	Cooking with CareO	na at
1:30	Meditation	Saturd	ay March 19		Group	Northampton. Monday Apr	iit ai
2:45	Tai Chi	11:30-1	:30 Corned Beef & Cabbage	1:00	Chess	1:00 pm - Chicken Français is	on the
		Lunche	eon*	2:45	Yoga	menu for this session. Free to se	
	March 15	1		2:45	Tai Chi	menu for this session. Free to so	111015.
8:30	Computer One on One		y March 21	1_		- A film and discussion on the	book
	Appointments*	8:20	Dynamic Fitness DVD		y March 28_	"Being Mortal" Monday April	
8:45	Strength & Stretch	9:30	Low Impact 1	8:20	Dynamic Fitness DVD	6:00-8:00 pm Free - A scree	
9:30	Cup of Conversation	10:30	Creative Writing	9:30	Low Impact 1	the Frontline documentary. F	
10:00	Caregiver Support Group*	10:30	Low impact 2	10:30	Creative Writing	Dr. Atul Gawande as he explo	
10:00	Stretch & Tone	11:00	Computer Tutor	10:30	Low impact 2	relationships doctors have with p	
10:00	Walking Group	1:00	NeedleWorkshop	11:00	Computer Tutor	who are nearing end of life.	
1:00	Watercolors*	1:30	Monday Movie Madness:	1:00	NeedleWorkshop	Nurse Sharon Ashton will	lead a
1:00	Interfaith Help	1	"The Intern"	1:30	Meditation	discussion after the film	
1:00	Hamlet-Lovelier the	1:30	Meditation	2:45	Tai Chi		
	Second Time Around:	2:45	Tai Chi			-Author of the Month, Brian A	Adams
• • •	Session Two*	l			y March 29	- Tuesday April 5 at 1:00 pm	
2:00	Karate*		y March 22	8:30	Computer One on One	Brian for a reading and discussion	n from
2:45	Tea Time Tuesdays	8:30	Computer One on One		Appointments*	"Love in the Time of Climate C	
5:00	Disability Commission		Appointments*	8:45	Strength & Stretch	Brian is a professor of Environ	mental
5:30	Better Breathers	8:45	Strength & Stretch	9:30	Cup of Conversation	Science and co chair of the S	
7:00	Evening Yoga	9:30	Cup of Conversation	10:00	Caregiver Support Group*	* Department at Greenfield Com	
***	1 34 146	10:00	Caregiver Support Group*	10:00	Stretch & Tone	College. He is very active in the	
	day March 16	10:00	Stretch & Tone	10:00	Walking Group	change movement. Join us to hea	
8:20	Dynamic Fitness DVD	10:00	Walking Group	12:30	Sewing Workshop	his book, a romantic comedy	
8:30	Computer One on One	1:00	Watercolors*	1:00	Watercolors*	global warming that will kee	p you
9:00	Appointments* Beginning Digital	1:00	Interfaith Help	1:00 1:00	Interfaith Help	laughing and thinking.	
9.00	Photography Class	1:00	Author of the Month: Hal Portner	1:00	Hamlet-Lovelier the Second Time Around:		
9:30	Low Impact 1	1:00	Hamlet-Lovelier the		Session Four*	-Wednesday April 6 -Deadli	ne for
9.30 9:30	Foot Care Clinic	1.00	Second Time Around:	2:00	Karate*	Oguinquit deposits	
10:30	Low impact 2		Session Three*	2:45	Tea Time Tuesdays		
11:00	Intermediate/Advanced	2:00	Karate*	7:00	Evening Yoga	-Thursday April 7 - Deadli	ne for
11.00	Digital Photography Class	2:45	Tea Time Tuesdays	1 7.00	Evening Toga	Newport Trip	
11:30	Beginner/2 nd Year	7:00	Evening Yoga	Wednes	sday March 30		
11.50	Tap	'.00	Lyoning 10ga	8:20	Dynamic Fitness DVD	- Greeting Cards with CareO	ie .
12:30	Cribbage	Wednes	sday March 23	8:30	Computer One on One	Friday April 8 at 1:00 pm - Co	
1:00	Zumba Gold	8:20	Dynamic Fitness DVD		Appointments*	have some fun once again and	паке а
1:00	SHINE- No appts. March	8:30	Computer One on One	9:30	Low Impact 1	greeting card with friends	
1:00	Scrabble Scrabble		Appointments*	10:30	Low impact 2	Waiting Warlaham "T"	. f.
1:00	Timeless Tunes	9:00	Beginning Digital	11:30	Beginner/2 nd Year Tap	- Writing Workshop "Tip	s ior
2:45	Feldenkrais	1	Photography Class	12:30	Cribbage	Writing, What you Though	t YOU
2:45	Tai Chi	9:30	Low Impact 1	1:00	Zumba Gold	Could Never Write", with Jaco	
		10:30	Low impact 2	1:00	SHINE- No March appts	Sheehan - Tuesday April 12 at	
<u>Thursd</u>	ay March 17	11:00	Intermediate/Advanced	1:00	Scrabble	am – Pre-registration is require	J.
8:45	Strength & Stretch		Digital Photography Class	1:00	Timeless Tunes	- Monday April 19 CLOSI	D for
8:30	Computer One on One	11:30	Beginner/2 nd Year Tap	2:45	Feldenkrais	- Monday April 18 – CLOSI Patriot's Day	יוסו ענ
	Appointments*	12:30	Cribbage	2:45	Tai Chi	I attiot S Day	
10:00	Stretch & Tone	1:00	Zumba Gold	1	NEF Spelling Bee	- Author of the Month, Jacq	uelina
10:00	Wisdom Project	1:00	SHINE- No appts. March	1	· ~	Sheehan - Tuesday April 19 a	t 1.00
10:00	Walking Group	1:00	Scrabble		lay March 31	pm - Jacqueline will be here to	0.00
10:00	Knitting Drop In	1:00	Timeless Tunes	8:45	Strength & Stretch	reading and discuss her book fr	o uo a om bar
11:30	Mixed Level Tap	2:45	Feldenkrais	8:30	Computer One on One	5th novel "The Center of the W	
12:30	Advanced Beginner Tap	2:45	Tai Chi		Appointments*	Jui nover The Center of the W	JIIU .
1:00	Readers & Thinkers:	1		10:00	Stretch & Tone	- Volunteer Recognition I	inna
	"The Rosie Project" by	Thursd	ay March 24	10:00	Wisdom Project	Wednesday April 20 from 5:3	1111EF
	Graeme Simpson	8:45	Strength & Stretch	10:00	Walking Group	pm - Invitation only to our vol	u-7.00 inteerc
1:30	Intermediate Tap	8:30	Computer One on One	10:00	Knitting Drop In	who have given more than a	
1:00	Mahjongg		Appointments*	11:30	Mixed Level Tap	number of hours at the North	mnton
1:30	BINGO	10:00	Stretch & Tone	12:30	Advanced Beginner Tap	Senior Center.	прип
2:30	Nutrition & Diabetes:	10:00	Wisdom Project	1:30	Intermediate Tap	Schot Center.	
	Free health presentation	10:00	Walking Group	1:00	Mahjongg		
		I		I			